

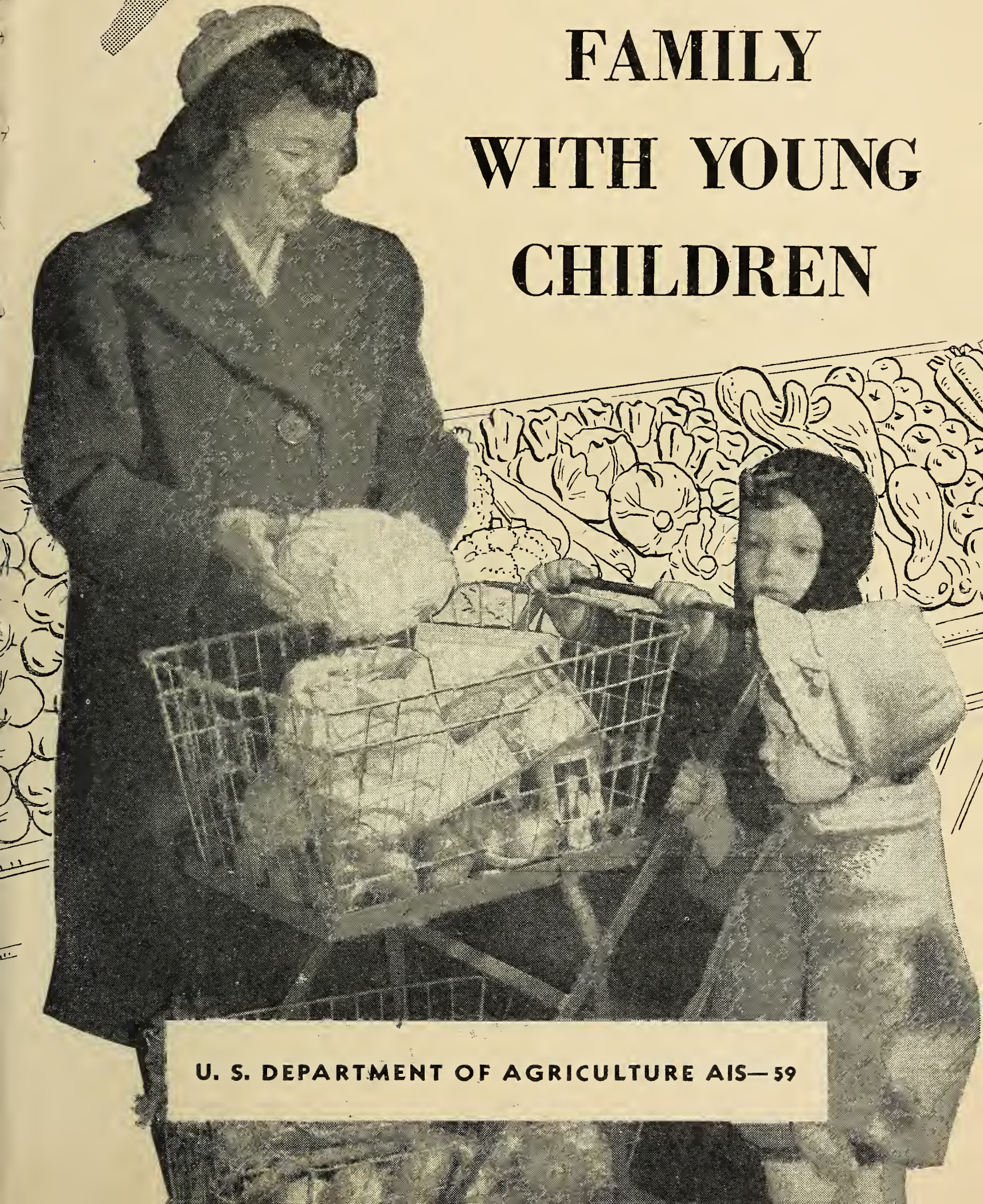
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Food

FOR THE FAMILY WITH YOUNG CHILDREN



U. S. DEPARTMENT OF AGRICULTURE AIS-59

Meet the Wrights

Meet the Wright family—*Richard Wright*, husband and father, clerk in an engineering office . . . *Margaret*, his wife, homemaker and mother of . . . *Suzy*, aged 2 years, and 5-year-old *Jimmy*, two jolly, lively youngsters.

And there are the Wrights—a typical young, healthy American family with father, mother, and 2 children not yet old enough for school.

The Wrights live in a neat cottage, near a city. It really seems like living in a small town.

Margaret does all her own housework. She usually shops at a nearby grocery because trips to the city are tiring, and she has no one to take care of the children. A local dairy delivers milk at the door every other day. Margaret puts it into the refrigerator promptly so that the milk will not spoil nor lose any of its value from standing in the light. Eggs and chickens are bought from a nearby farmer who delivers once a week.

The Wrights manage to eat very well, for in addition to the foods that Margaret carefully selects at the store, they have a little vegetable garden. This supplies part of the fresh vegetables during the summer. Margaret does some canning and preserving—chiefly canned tomatoes, tomato juice, and spreads for bread. Otherwise, they buy all their food.

The Wrights have a yearly income of about \$2,500, and they plan to spend \$15 to \$17 a week for their food. Most of the time this seems to be plenty, especially with the little garden in summer.



Food to Fit the Family

How does Margaret select food and prepare meals? She follows good nutritional advice, practicing what she learned in classes. Margaret started regular visits to the doctor before her children were born. She has had them checked over and weighed at regular intervals ever since, often going to the community child health center. She has learned that everyone in the family requires the same basic types of food, but the amount and the way the food is prepared may differ. For instance—

Richard, the grown man, is about average in height and weight. Though he has a desk job, his work on the yard and garden in summer, walking to work, doing the winter chores, and helping with the children would rate his activities as “moderate.” His needs are for foods that supply energy and the vitamins, minerals, and protein to keep his body in repair and top-notch condition. His “three squares” a day are usually eaten at home since the office is within easy walking distance. Sometimes in bad weather he carries his lunch. Margaret is usually able to put the same foods in his lunch box that he would have eaten at home—deviled eggs in place of creamed eggs on toast—lettuce and carrot strips instead of vegetable salad.

Suzy, 2 years old, and *Jim*, 5 years old, need the same kind of food as their father, but more simply prepared. Little children’s main business is growing—building strong and healthy bodies. A strong back, straight legs, sound teeth, firm muscles, resistance to infections and disease are all developed in early childhood. To provide foods especially for growth,



Margaret uses milk in all the children's meals, adding a variety of vegetables and fruits, cereals, eggs, and some meat, fish, or chicken.

As for the cooking, she uses simple methods so that the same meal is suitable for all. She cooks food so as to bring out its natural flavor, and avoids very salty or highly seasoned dishes, greasy foods, and rich desserts. She cooks fresh vegetables quickly with only a little water so as to save their minerals and vitamins. This makes them taste good, and leaves their colors bright, which attracts the children.

Usually youngsters are keenly aware of the flavors and textures of food. Suzy is the first to discover if the milk is a little off-flavor, or the vegetables not up to par. Margaret cuts cooked spinach to avoid strings. When milk is heated to go over toast, she carefully stirs it to avoid the scum or "fishes," as Jim calls them.

Now that Suzy has learned to chew, Margaret no longer has to grind meat or chop vegetables so fine. But she does cut them into bite-sized pieces and takes care to remove any tough sections. She is gradually adding to Suzy's diet most of the common vegetables, fruits, and simply cooked meats, chicken, and fish, which Jimmy has already learned to like.

Margaret has learned that small children often do not take to a new food, which later may become one of their favorites. She is careful to give Suzy only little tastes of new foods at first, offering them in a pleasant manner. She gives new foods at the beginning of a meal when Suzy is hungry. When these tastes are acceptable, then Suzy has a teaspoonful or more if she wants it. By repeated small servings, Suzy soon learns to like these new foods just as Jim does.

Days when the children's appetites are not up to par, Margaret doesn't worry. As a rule, the children are as hungry as ever the next day. Margaret has noticed that many parents give too large servings to their little folks. As a result the children are discouraged before they start to eat and get into the habit of wasting food. She is very careful always to give the children small servings so that they learn to clean their plates. Then they may have seconds.

Instead of having the children drink all of their milk, Margaret often uses part of it in custard, ice cream, junket, or milk soups for variety.

Most afternoons Margaret gives the children a snack after their nap. This is usually a small cup of milk apiece and occasionally a graham cracker, fruit, or carrot strips. The children often sit at their own little table for this.

Margaret's food needs now are somewhat like her husband's. As she is built on smaller lines, she does not need as much food as Richard. However, to keep in tip-top condition so she can meet the demands of her

lively family, she is very careful to eat a plentiful, well-rounded diet. This means that she, too, drinks milk—2 to 3 cups a day. She has her citrus fruit and tomatoes, eggs, liver, green leafy vegetables, and whole-grain or enriched cereals and breads—foods that are good for the whole family.

Planning Meals

Most of the time Margaret is able to plan the same meals for all. Otherwise the days would never be long enough for her housework, nor would she have enough energy left to enjoy her little family. Besides, foods that are good for children are just as good for adults. However, for special occasions she sometimes serves such food as pies for the grown-ups. But even with pies, the children can usually have the filling, which she often bakes in custard cups for them. The children have learned to accept happily the fact that some foods are for “grown-ups only.”

Eating is fun at the Wright’s table. With Mother and Father trying and liking new foods, the children, too, get the habit. Not that they talk over everything they eat, but when something is especially good, Father never fails to compliment the cook.

Foods that Margaret takes particular care about for her little family are—

Milk. At least 3 to 4 cups a day for each of the children and 2 to 3 cups for Richard and herself. This is used to drink and in cooked foods. Margaret knows that milk is the best source of *calcium*, the mineral needed for strong bones and good teeth. It is also one of the best sources of *riboflavin*, a vitamin required by young and old. In addition, milk supplies a high-quality *protein*, and many other important food values. Therefore, it’s a basic food at every meal for the children. Margaret has always used plenty of milk in her own diet, as well as other desirable foods, and was able to nurse both children and give them the best start a mother can possibly give.



Vegetables and fruits. The garden helps to give a plentiful supply of these spring, summer, and fall. Margaret's menus throughout the year include daily:

- ★ A leafy, green, or deep yellow-colored vegetable
- ★ Potatoes
- ★ Citrus fruit, or tomatoes, or generous servings of raw cabbage, salad greens, or raw turnips
- ★ Another fruit or vegetable

Whole-grain or enriched bread and cereal. When cereals are plentiful, one of these appears at every meal. Where there is need to conserve wheat and other cereals the Wrights eat more potatoes, now and then for breakfast as well as other meals. Always in shopping for cereals, bread, and flour Margaret is careful to choose whole-grain, enriched, or restored products.

Meat, poultry, fish, eggs, dry beans or peas. Margaret serves at least one of these every day to each member of the family. Mindful of Jim and Suzy, she cooks these foods without much fat. Dry beans or dry peas are not given to Suzy unless they are put through a sieve. At least once a week, Margaret tries to serve liver, heart, or kidneys, for these variety meats are particularly high in iron and vitamins.

Vitamin D. During winter and on dull days in fall and spring, Jim and Suzy each take 1 teaspoon of cod-liver oil every day. This gives them their vitamin D, though they could get it in vitamin D milk. In summer, both wear sunsuits. Then the sun shining on their bare legs and arms is their source of vitamin D.

Iodized salt. Their doctor advised the Wrights to use iodized salt because they live in one of the States where the soil is low in iodine.

Sweets. For the Wrights' small children, sweets are usually limited to simple puddings made of milk and eggs and fresh and cooked fruit. The children also like tender dried fruits, which Margaret usually gives them instead of candy.

Changes to Fit Supplies

Margaret tries to follow this plan as closely as possible. But, for herself and Richard, when certain foods are scarce, she uses more of other foods that are plentiful and similar in food value. Margaret learned in nutrition class that growing children, pregnant and nursing women should have their regular foods if at all possible, while other healthy adults can make temporary adjustments without ill effects.

Food for the Expectant Mother

During pregnancy. Margaret learned that to produce another life without sacrificing her own strength, a mother's diet and the way she lives must be adjusted to the needs of the developing baby. She considered it a privilege to do her part for her children by taking good care of herself.

During the first 4 months of pregnancy, Margaret did not require more food than her usual good diet. But during the last few months when the baby's needs were greater, Margaret ate about a fifth more food than usual and she chose her food with special care.

Following are the foods in a good normal diet that should be increased to meet the needs of pregnancy:

Milk, cheese	Almost double the amount, or a little over a quart of milk a day or its equivalent
Leafy, green, and yellow vegetables	More and bigger servings . . . at least 4 pounds a week
Citrus fruit, tomatoes	More and bigger servings . . . at least 3 pounds a week
Meat, poultry, fish, eggs	Another serving of meat a week or some other high-quality protein, especially liver and the other variety meats high in minerals and vitamins
Bread and cereal	Brown varieties or enriched bread and cereal to supply more iron and B vitamins
Vitamin D	In fish-liver oil, vitamin D or irradiated milk, or other preparation to provide 400 to 800 units daily

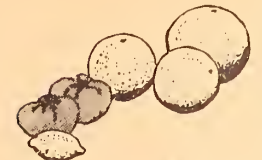
In addition to being especially careful about her food, the pregnant woman should plan for a nap every day and a good night's rest. Some mild exercise outdoors will give fresh air and help to keep muscles in tone. It is also important not to worry or get angry.

Nursing the baby. Mother's milk increases the baby's chances for growing up without sickness or feeding difficulties. Studies show that fewer breast-fed than bottle-fed babies have severe digestive upsets. Breast-fed babies are also less susceptible to rickets and are not so likely to die in infancy. Besides, feeding a baby nature's way is easier than mixing a formula and sterilizing milk and bottles. Almost every mother will want to give her baby the best by nursing him for several months, just as Margaret did Suzy and Jim. Many Federal and State bulletins suggest meals to meet food needs of nursing mothers. Nearly every healthy woman can nurse her baby if she wants to and prepares for it by eating a good diet before, as well as after, the baby is born.

The Wright Family's Food Plan For A Week (\$15 to \$17, May 1946 Prices)



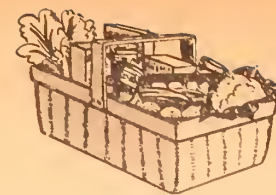
Kinds of food ¹	Weekly food plan (approximate amounts)—			
	For two adults ²	For child aged 1 to 3	For child aged 4 to 6	Total for family of four
Leafy, Green, and Yellow Vegetables At least once a day	7 to 8 pounds	2 pounds	2 pounds	11 to 12 pounds
Citrus Fruit, Tomatoes Once daily, if possible	4 to 6 pounds	2 pounds	2 pounds	8 to 10 pounds
Potatoes, Sweetpotatoes One or more servings daily	5 to 6 pounds	½ pound	1 to 1½ pounds	6½ to 8 pounds
Other Vegetables and Fruit One or two servings daily	8 to 9 pounds	2 pounds	2 pounds	12 to 13 pounds
Milk, Cheese, Ice Cream 2 or 3 times daily and in cooking	9 quarts	5 to 6 quarts	5 to 6 quarts	19 to 21 quarts (1 ounce cheddar cheese or 2 to 3 large dips ice cream equal 1 cup milk)
Meat, Poultry, Fish Once daily, if possible	5½ to 6½ pounds	½ pound	1 pound	7 to 8 pounds
Eggs Four or more a week per person	1 dozen	½ dozen	½ dozen	2 dozen
Dry Beans and Peas, Nuts One or more times a week	10 ounces	1 ounce	1 ounce	12 ounces, or ¾ pound
Flour, Cereals, Meal (Whole-grain or enriched are best) At every meal for children. Less for grown-ups if there is need to conserve cereals.	6 to 7 pounds	1¼ pounds	1¾ pounds	9 to 10 pounds (count 1½ lb. bread as 1 lb. flour)
Fats, Oils Some daily	2 pounds	¼ pound	¼ to ½ pound	2½ to 3 pounds
Sugar, Sirups, Preserves Some daily	2 pounds	⅛ pound	½ pound	2¾ to 3 pounds



¹ Grouped according to the "Basic 7," National Food Guide.
² These quantities are geared to the needs of the wife who is keeping house for a young family and the husband whose activities call for a moderate amount of muscular effort, either at home or at his work. If either you or your husband are unusually large or active,

you may need to increase the suggested quantities of potatoes, dry beans and peas, nuts, flour and cereals, fats and oils. If your husband buys his lunch at work you will still need to purchase almost the same quantities of food, except it may take 1 loaf less bread per week and 1 quart less milk.

The Wrights' food supply for a week . . .



Leafy, Green, and Yellow vegetables



- 2 heads lettuce
- 1 1/2 lb. snap beans
- 2 bunches carrots
- 2 1/2 lb. spinach
- 1 lb. squash
- 1 head of cabbage (small)
- 1 No. 2 can green peas
- 1 pkg. green lima beans (frozen)

Citrus Fruit, Tomatoes



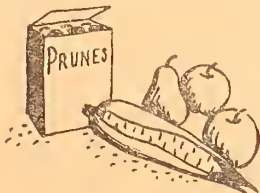
- 4 1/2 to 5 lb. oranges
- 2 grapefruit
- 1 46-oz. can tomato juice
- 2 or 3 lemons or 1 small can lemon juice

Potatoes, Sweetpotatoes



- 2 lb. sweet potatoes
- 6 lb. potatoes

Other Vegetables and Fruit



- 2 lb. apples
- 1 No. 2 can applesauce
- 1 No. 2 1/2 can peaches
- 1 lb. prunes
- 1/2 lb. raisins
- 3 lb. other fruit in season or canned
- 1 bunch celery
- 1 lb. beets
- 1 lb. onions

Milk, Cheese, Ice Cream



- 17 qt. fresh whole milk
- 1 14 1/2-oz. can evaporated milk
- 1/4 lb. cheddar cheese
- 1/2 to 1 lb. cottage cheese
- 1 pt. ice cream

Meat, Poultry, Fish



- 3 to 3 1/2 lb. chuck roast of beef
- 2 to 3 lb. shoulder of lamb
- 3/4 lb. liver
- 1 lb. fish (haddock, cod, halibut)

Eggs



- 2 doz. eggs

Dry Beans, Peas, Nuts

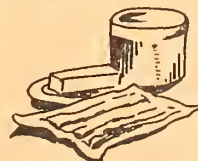
- 8 oz. split peas
- 4 oz. peanut butter

Flour, Cereals, Meal, Baked Goods



- 3 loaves enriched bread
- 3 loaves whole-wheat bread
- 1 loaf rye bread
- 1 1/4 lb. rolled oats, or whole-wheat cereal
- 1 small pkg. ready-to-eat cereal
- 1 lb. enriched flour
- 1/2 lb. macaroni, or corn meal
- 1 box graham or other crackers

Fats, Oils



- 1/2 lb. bacon
- 1 1/2 lb. table fat
- 1/2 lb. shortening
- 1/2 pt. salad dressing or salad oil

Sugar, Sirup, Preserves

- 1 1/2 to 2 lb. sugar
- 1/2 to 1 pt. molasses, honey, jelly, or preserves

¹ Margaret buys some of the staple foods in larger quantity than listed here to save time and money. They will keep until the next week if properly stored.

In addition to the foods listed above, Margaret buys coffee, tea, salt, flavorings, gelatin, junket powder, etc., as needed.

THE WRIGHTS' MENUS

SUNDAY

Orange juice	Pot roast with carrots, potatoes, and onions
Scrambled eggs	Chopped spinach
Toast Table fat	Bread Table fat
Preserves	Two-egg sponge cake with ice cream
Milk for children	Milk for children
Coffee or tea for grown-ups	Coffee or tea for grown-ups

Open-faced grilled cheese and bacon sandwich for grown-ups
 Hot wheat cereal with milk for children
 Shredded cabbage and raisin salad
 Fruit in season Milk

MONDAY

Prunes with orange slices	Cream of tomato soup with toast squares
Hot oatmeal with milk	Shirred eggs Spinach
Toast Table fat	Bread Table fat
Milk for children	Baked Indian pudding
Coffee or tea for grown-ups	Milk

Beef casserole with mounds of mashed potatoes
 (beef left from Sunday roast)
 Green peas Fruit salad
 Bread Table fat
 Sponge cake with honey sauce Milk

TUESDAY

Grapefruit sections	Baked macaroni	Green beans
Soft-cooked eggs	Shredded raw carrots	
Toast Table fat	Bread Table fat	
Milk for children	Oatmeal and prune pudding (oatmeal left from Monday breakfast)	
Coffee or tea for grown-ups	Milk	

Broiled liver or liver pattie Baked potato Baked squash
 Tossed green salad flavored with chopped crisp bacon
 Bread Table fat
 Fruit in season Milk

WEDNESDAY

Orange	Split pea soup
Ready-to-eat cereal with milk	Apple, cabbage, and raisin salad
Toast Table fat Preserves	Bread Table fat
Milk for children	Baked Indian pudding
Coffee or tea for grown-ups	Milk for children
	Coffee or tea for grown-ups

WEDNESDAY (Continued)

Beef hash with potatoes (beef left from Sunday)
Home-made vegetable relish
Creamed carrots and peas Celery
Bread Table fat
Fruit cup Milk

THURSDAY

Tomato juice Creamed eggs on toast, or
Hot oatmeal with milk Soft-cooked eggs with toast
Toast Table fat Jellied fruit salad
Milk for children Molasses cookies
Coffee or tea for grown-ups Milk

Baked shoulder of lamb
Baked sweetpotato Green lima beans
Cole slaw
Bread Table fat
Canned peaches Graham crackers Milk

FRIDAY

Orange Split pea soup
Hot wheat cereal with raisins Cottage cheese and peach salad
and milk Bread Table fat
Toast Table fat Cookies
Milk for children Milk for children
Coffee or tea for grown-ups Coffee or tea for grown-ups

Baked fish (haddock, cod, or halibut)
Sliced beets Baked potato Celery
Bread Table fat
Lemon snow with custard sauce
Milk for children
Coffee or tea for grown-ups

SATURDAY

Tomato juice Peanut butter and celery sandwiches
Ready-to-eat cereal with milk Vegetable salad
Toast Table fat Preserves Floating island or junket
Milk for children Milk for children
Coffee or tea for grown-ups Coffee or tea for grown-ups

Minced lamb on riced potatoes (lamb left from Thursday dinner)
Green beans Hearts of lettuce with dressing
Applesauce Graham crackers Milk

A 6-ounce serving of milk is allowed for the children. If the children do not drink all their milk, they have it as part of the afternoon snack.

To Reduce Your Food Bill

If you do not have as much as the Wrights to spend on food for your family, you can spend less and still have a healthful diet. Meals may not have so much variety, but with careful planning and cooking they will be enjoyable.

Here is a food plan suggested to provide good nutrition for \$12 to \$13 per week, for a family of two moderately active grown-ups and two children aged 1 to 3 and 4 to 6.

WEEKLY PLAN FOR A FAMILY OF FOUR WITH TWO GROWN-UPS AND TWO PRESCHOOL CHILDREN (\$12 to \$13 per week for the family of four, May 1946 prices)

Leafy, green, and yellow vegetables	6 to 7 pounds
Citrus fruit, tomatoes	6 to 7 pounds
Potatoes, sweetpotatoes	9 to 10 pounds
Other vegetables and fruit	7 to 8 pounds
Milk	18 to 19 quarts
Meat, poultry, fish	5 to 6 pounds
Eggs	1½ dozen
Dry beans and peas, nuts	1 to 1½ pounds
Flour, cereals, meal	12 to 13 pounds
Fats, oils	2 to 2½ pounds
Sugar, sirup, preserves	2 to 2½ pounds

To provide this good inexpensive diet, you will need to plan and to shop more carefully even though some of the cheaper foods are high in food values. Here are suggestions on how to get the most for your money.

Leafy, green, and yellow vegetables

Leafy, green, and yellow vegetables give you good values in minerals and vitamins. Choose those that are in season—they're generally cheapest when most plentiful. Carrots are nearly always good bargains, and can be used raw or cooked.

Learn to use the leafy tops of young beets and turnips. These, like kale, spinach, mustard, and collards, are cheap sources of vitamin A. They contain other vitamins and iron, too.

**Citrus fruit,
tomatoes**

When citrus fruits are high in price, use fresh tomatoes if they are in season, or canned tomatoes or tomato juice to get your vitamin C. Use about twice as much tomato as orange or grapefruit. Canned orange and grapefruit juice may be cheaper than the fresh fruit. Raw cabbage, raw turnips, and salad greens are also good sources of vitamin C.

Milk

When evaporated or dried milk are cheaper than fluid milk, use them at least part of the time. Skim milk can be used for part of the whole milk and costs much less. If you use skim milk, be sure you're getting vitamin A in green and yellow vegetables, liver, and table fats because the vitamin A is removed from whole milk with the cream.

Cream is an expensive food. For economy, use top milk on cereals and puddings. Evaporated milk can also be used in this way.

**Meat, poultry,
fish, eggs, dry
beans and peas,
nuts**

When food money is limited, choose the cheaper cuts of meats. Commercial and Utility (or grades B and C) are economical grades of beef. Use variety meats such as beef, pork, or lamb liver or kidneys once a week for they are bargains in vitamins and minerals. Brains and heart are also good buys.

Fish may also be cheaper than meat and will give you good protein.

For other main dishes serve dry beans—navy, kidney, lima, or soybeans—dry peas and lentils.

Grade B and grade C eggs are just as nutritious as grade A, and are usually cheaper.

**Bread, flour,
cereals, meal**

Choose the brown whole-grain or enriched products for their extra vitamins and iron. Bread made with milk or milk served with cereal makes a high-quality protein combination.

To save money, avoid expensive ready-baked items.

Fats, oils

You pay for the fat on the meat you buy, so use any extra for cooking and seasoning, to save money.

Sweets

Use molasses often instead of white sugar in cooking. Children like it and it's a cheap source of iron. Molasses adds flavor and food value to baked beans, gingerbread, puddings, and bread.

When Food Supplies Change

The food plan and week's market list and menus given here are for a family of mother, father, and two young children. They furnish the nutrients needed for good nutrition and are geared to average year-to-year food supplies.

But as one sage remarked, "The only unchanging thing in this world is change."

This is particularly true of food supplies during the last few years. Surpluses some months become scarcities the next.

In this plan, foods are grouped according to the way they are used in meals. It suggests choices a family can make within each food group and at the same time be sure of a well-balanced diet.

During temporary food shortages healthy adults can make quite drastic changes in eating habits and yet suffer no harm. But for growing children and expectant mothers the situation is different. Within the family group their food should be the last to be changed.

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